

# Heng O

## Chinese Moon Goddess

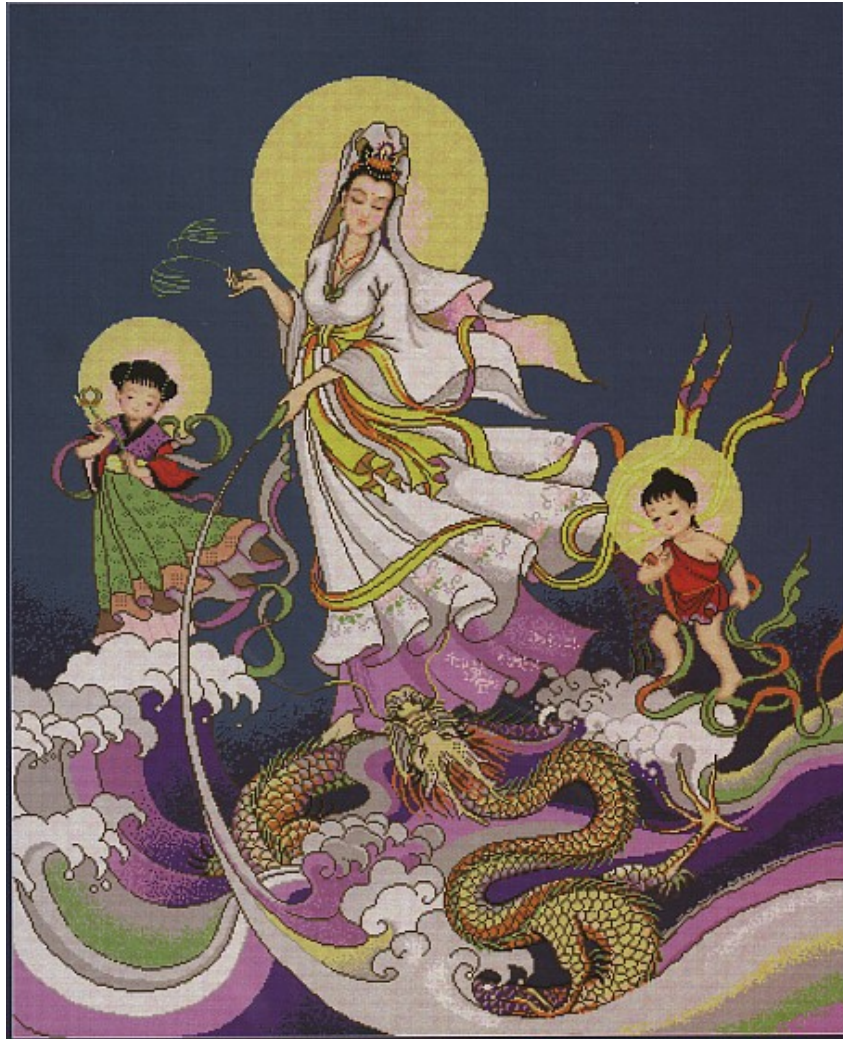


*Channeled and compiled by Elizabeth (Starlightowl) Hibel*



*This manual may be passed to student but must email in its entirety*

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***\*Heng O - The Chinese moon goddess, symbol of the cold and dark principle yin.***

***Heng-O was the mother of the 12 moons and 10 suns.***

***She tried to steal the draught of immortality from her husband, the celestial archer Shen Yi, but he caught her before she could drink all of it. The draught gave her the power to ascend to Heaven, but, since she had drunk only part of it, she only got halfway up and had to settle on the moon.***

***Heng O is portrayed in beautiful robes with in her right hand the lunar disc, sometimes sitting on a tree-legged toad.***

***She is the younger sister of the river god He Bo.***

**Chang'e, Ch'ang-O or Chang-Ngo (Chinese: 嫦娥; Hanyu Pinyin: Cháng'é), also known as Heng-E or Heng-O (姮娥; Héng'é), is the Chinese goddess of the moon.**

***Unlike many lunar deities in other cultures who personify the moon, Chang'e only lives on the moon***

*The greedy wife of the ill-fated YI, she gulped down his share of Elixir of Life, leaving him with nothing. She may have heard the Elixir was great for losing weight — but when she became truly weightless and started floating up to Heaven, she began to regret her impulsiveness.*

*Fearing Heavenly reprisals, she took refuge in the Moon and was transformed into a toad. There are many things beyond the comprehension of us mere mortals.*

*She remains to this day. All those dreamy moon songs and 'being over the moon'... and this sort of thing goes on behind our backs! "Give me the moonlight — give me the toad..."*

*As Lady of the Moon, CHANG-O glows with a brilliant eerie light and offers good fortune to those that remember her. Particularly during her festival on the fifteenth day of the eighth moon, when prayers and offerings are most welcome. Occasionally she is allowed to visit Heaven, but an unfortunate experience with the amorous PIGSY left her reluctant to return.*

*Being separated from her husband YI, she's sympathetic to all lovers. That's why it's traditional for romantically-inclined couples to cuddle under the silvery moon*

# *Heng O Myths*

## *Chang'e and the Cruel Emperor*

*Many years after she was already the moon goddess, Chang'e looked down upon Earth and saw that a terribly cruel emperor sat on the throne.*

*To help the people, she allowed herself to be reborn into the mortal world.*

*The other members of her mortal family were either killed or enslaved by the emperor, but Chang'e managed to escape to the countryside.*

*Meanwhile, the emperor was aging and obsessed with discovering the elixir of life.*

*He had people all over the land brought to him and demanded of them how to find the elixir of life; nobody knew, of course, but the emperor would not accept ignorance for an answer and executed all those who could not answer.*

*In the countryside, Chang'e met the [bodhisattva](#) of compassion, [Guan Yin](#), who proceeded to give Chang'e a small elixir.*

*Chang'e brought the elixir to the emperor.*

*The suspicious emperor worried that it was poison and demanded that Chang'e taste the elixir first.*

*She did, showing no ill effects, so then the emperor took the elixir and promptly died.*

*Then, Chang'e also left the mortal world; the effects of the elixir had only been delayed for her*

*. However, instead of dying, she ascended to the moon to retake her place as a goddess.*

## **Chang'e and Houyi the Archer**

*Chang'e was a beautiful young girl working in the Jade Emperor's palace in heaven, where immortals, good people and fairies lived.*

*One day, she accidentally broke a precious porcelain jar. Angered, the Jade Emperor banished her to live on earth, where ordinary people lived. She could return to the Heaven, if she contributed a valuable service on earth.*

*Chang'e was transformed into a member of a rich farming family.*

*When she was 18, a young hunter named Houyi from another village spotted her, now a beautiful young woman. They became friends.*

*One day, a strange phenomenon occurred—10 suns arose in the sky instead of one, blazing the earth. Houyi, an expert archer, stepped forward to try to save the earth*

*. He successfully shot down nine of the suns, becoming an instant hero. He eventually became king and married Chang'e.*

*But Houyi grew to become a tyrant.*

*He sought immortality by ordering an elixir be created to prolong his life.*

*The elixir in the form of a single pill was almost ready when Chang'e came upon it.*

*She either accidentally or purposely swallowed the pill. This angered King Houyi, who went after his wife.*

*Trying to flee, she jumped out the window of a chamber at the top of palace—and, instead of falling, she floated into the sky toward the moon.*

*King Houyi tried to shoot her down with arrows but without success.*

*Her companion, a [rabbit](#), is not constantly pounding the elixir of immortality in a large mortar.*

*Meanwhile, King Houyi ascended to the sun and built a palace. So Chang'e and Houyi came to represent the [yin and yang](#), the moon and the sun.*



## **Chang'e and Houyi the Archer**

*According to legend, Chang'e and her husband [Houyi](#) were immortals living in heaven.*

*One day, the ten sons of the [Jade Emperor](#) transformed into ten suns, causing the earth to scorch. Having failed to order his sons to stop ruining the earth, the Jade Emperor summoned Houyi for help.*

*Houyi, using his legendary archery skills, shot down nine of the sons, but spared one son to be the sun. The Jade Emperor was obviously not pleased with Houyi's solution to save the earth: nine of his sons were dead.*

*As punishment, the Jade Emperor banished Houyi and Chang'e to live as mere mortals on earth.*



*In Chinese mythology, [Jade Rabbit](#) lives on the moon where it makes herbal medicine.*

*The rabbit is also mentioned in the novel [Journey to the West](#). According to Korean and Japanese myths, a rabbit lives on the moon making rice cakes ([Thuck](#) - the Korean word for rice cakes in general, and [mochi](#), a different type of a rice cake with red bean filling, in the Japanese myth).*

*Seeing that Chang'e felt extremely miserable over her loss of immortality, Houyi decided to journey on a long, perilous quest to find the pill of immortality so that the couple could be immortals again.*

*At the end of his quest he met the [Queen Mother of the West](#) who agreed to give him the pill, but warned him that each person would only need half the pill to become immortal.*

*Houyi brought the pill home and stored it in a case.*

*He warned Chang'e not to open the case and then left home for a while.*

*Like [Pandora](#) in [Greek mythology](#), Chang'e became too curious: she opened up the case and found the pill just as Houyi was returning home*

*. Nervous that Houyi would catch her discovering the contents of the case, she accidentally swallowed the entire pill.*

*She started to float into the sky because of the overdose. Although Houyi wanted to shoot her in order to prevent her from floating further, he could not bear to aim the arrow at her.*

*Chang'e kept on floating until she landed on the moon.*

*While she became lonely on the moon without her husband, she did have company. A [jade rabbit](#), who manufactured elixirs, also lived on the moon.*

*The mythologies of Japan and Korea also feature references about rabbits living on the moon.*

*Another companion is the woodcutter Wu Gang.*

*The woodcutter offended the gods in his attempt to achieve immortality and was therefore banished on the moon.*

*Wu Gang was allowed to leave the moon if he could cut down a tree that grew there.*

*The problem was that each time he chopped the tree, the tree would instantly grow back, effectively condemning him to live on the moon for eternity.*

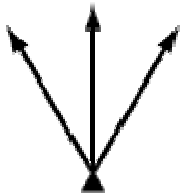
*The story of Heng-o and Shen I represents the partnership of the Sun and Moon. The story ends with Shen I receiving the Palace of the Sun and a lunar talisman to visit the Moon, thus their union, and the union of yin and yang (male and female).*

## **Planetary Symbol:**

*The crescent.*



*Also the symbol for silver in alchemy.*



*Silver - Alchemical Symbol*

## **Gems associated with Heng O**

### **Moonstone:**



*this stone, along with the Pearl, is her image stones.*

*It is also a birthstone for June and Cancer.*

*It is known as a stone of lovers, having the power to bring reconciliation or foretell the future for them.*

*Some say it is formed from rays of the Moon.*



## **Pearl**



## **Candle Colours**



***White***

## **The three aspects of the Moon Goddess**

***The maiden aspect is represented in the new moon and crescent. This phase is youth and adolescence. Her color is white, and she denotes new beginnings and enchantment.***

***The mother aspect is represented in the full moon. She represents power, stability, she nurtures, but also fights to the death to protect those she loves.***

***Crone aspect is represented in the waning moon. Her phase can represent sleep or death. Her color is black. Yet, she is also wisdom and the guide to rebirth.***

## *Attunement Procedure*

*This is by no means the only way to do it, it is just the way I do it*

*Prepare the room by dimming the lights, playing soft unintrusive music,*

*light a candle ( white for Heng O) or incense etc*

*Relax !!!!!*

*Call in your helpers, guides, God, Goddesses or Gods*

*(especially Goddess Heng O), Great Spirit or whoever you relate to*

*and ask them to help you to be a clear pure channel to send the Heng O  
attunement to.....*

*.and to keep you safe from all negative energies or unwanted entities*

*State your intention, that is to attune .....to the energies of the  
Goddess Heng O*

*Then just relax and let the energies flow.*

*When you feel that the energies have diminished, then you are done*

*If you are doing a hands on attunement ground yourself and your client and  
give your client a glass of water*

*Remember to thank your helpers*

***.Enjoy!***



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